

UCOOK

Charred Pineapple & Halloumi Salad

with almonds, a sweet dressing & crispy chickpeas

Take your salad game up another notch with this unexpected flavour combination of salty, crispy-fried halloumi slabs & sweet, charred pineapple. The supporting players for this dish are tangy baby tomatoes, nutty chickpeas, almonds, & a sweet-mustard citrus salad dressing - all forming a champion culinary team!

Hands-on Time: 25 minutes

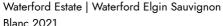
Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser



Veggie



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240g Chickpeas drained & rinsed

20ml NOMU One For All Rub 20a Almonds

20g Almonds200g Fresh Pineapple Pieces

Halloumi

pat dry & cut into thick slabs

80g Salad Leaves rinsed

160g

160g Baby Tomatoes

80ml Salad Dressing

(40ml Orange Juice, 10ml Dijon Mustard & 30ml Honev)

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper Water

Paper Towel

1. CRISPY CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, add the drained chickpeas and fry for 8-10 minutes until crispy and caramel in colour, shifting occasionally. If they start to pop out, use a lid to rein them in. In the final minute, add the rub.

2. NUTS ABOUT NUTS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

Season and set aside.

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3. PINING FOR PINEAPPLE Return the pan to a high heat. When hot, fry the pineapple pieces for 2-3 minutes per side until charred. Remove

from the pan and set aside.

4. HELLO HALLOUMI Return the pan to a medium heat with a drizzle of oil. When hot, add the halloumi slabs and fry for 2-3 minutes per side

5. MIX THINGS UP In a bowl, combine the rinsed leaves, the halved baby tomatoes, ½ the toasted almonds, the crispy chickpeas, the salad dressing, and seasoning.

until crispy and golden. Remove from the pan and drain on paper towel.

6. SO READY FOR THIS SALAD! Plate up the hearty salad. Top with the charred halloumi and pineapple. Sprinkle over the remaining almonds. Yum!

Nutritional Information

Per 100g

Energy 660kl Energy 158kcal Protein 7.4g Carbs 14g of which sugars 7.7g Fibre 3.8g Fat 7.3g of which saturated 4g 208mg Sodium

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook within 2 Days